

**SPECIFICATIONS
FOR
HOME DELIVERED MEALS
(ROSE PARK DISPATCH)**

Senior Meal Program

1. GENERAL

- 1.1 This specification is intended to cover the preparation and packaging of meals that are delivered to dispatch sites for delivery Monday through Friday to designated homebound older adults for the Title III-C Senior Meal Program in Milwaukee County. Caterers do not deliver the meals to clients' homes.
- 1.2 The County reserves the right to award by site(s) or in aggregate. **Currently, only the Rose Park Dispatch Site is available for bids. Rose Park is located at 3045 N. Martin Luther King Drive. Vendor must be located within Milwaukee County or surrounding counties in order to deliver per section 1.7.**
- 1.3 The average monthly hot meals delivered are 3,000; Monday – Friday about 150 meals per day, of which approximately 50 per day will be therapeutic diets. On Fridays, in addition to the hot meals delivered, approximately 30 clients would require 2 additional frozen meals for their weekend needs. (Frozen meals are made using the same hot meal menus.) And about 325 cold bag meals per month are needed as second meals for some clients Mon-Fri, and about 80 additional second meal cold bags per month for the weekend clients are needed on Fridays.
- 1.4 Also, on a limited basis, the program may require frozen meals or cold bag lunches for all clients to be used in the event of weather-related emergencies or holidays when there is no meal delivery.
- 1.5 The successful caterer must have the ability to prepare the following therapeutic diets or combination of diets:
 - a. Low fat/low Cholesterol
 - b. Sodium Restricted
 - c. Calorie Reduced
 - d. Diabetic
 - e. Calorie Enhanced
 - f. Texture Modifications
 - g. Bland
 - h. Miscellaneous, such as: No MSG, "No Seeds," etc.
 - i. Vegetarian
- 1.6 The hot and cold portions of the therapeutic diet meals must be labeled with the client's name, address, route number and diet. The cold portions of therapeutic diet meals must be packaged in a "lunch" bag, which is a different color than the bag used for the cold portions of general diet meals.
- 1.7 All meals shall be prepared, packaged and delivered to the dispatch location between 9:15 a.m. and 10:15 a.m., Monday through Friday.

- 1.8 In the event the caterer does not deliver to the dispatch site(s) all meals which have been ordered (either hot or cold portions), it is the caterer's responsibility to supply those missing meals or portions of the meals to the appropriate dispatch site(s) no later than **11:00 a.m.** If the delivery is not made by 11:00a.m., it is the **caterer's responsibility** to deliver those meals or portions of meals to **each client's home by 12:30 p.m.** to ensure that each client receives a complete meal.
- 1.9 Your bid is to be submitted to include food, all disposable and packaging supplies, as detailed in Sections 6, 7, and 8.
- 1.10 Caterer must be a licensed catering facility with licensing from the Health Department of the City of Milwaukee and/or suburban municipalities or the State of Wisconsin Division of Health. As an Older American's Act Program provider, caterer must comply with Wis. Stats. 50.50.
- 1.11 Caterer must have sufficient commercial/institutional National Sanitation Foundation (NSF) approved equipment, such as freezers, coolers, ovens, steam kettles, holding equipment, along with trucks; and experienced, trained food service personnel to support the number of meals which would be provided, and this may be assessed during an inspection prior to the award of bids. Milwaukee County's determination of "sufficient" shall be final.
- 1.12 It is the caterer's responsibility to ensure that all hot foods are protected from heat loss by being transported in an NSF approved "hot box" which will maintain temperatures of a minimum of 140° F for one hour and thirty minutes. If available, equipment may be furnished by Milwaukee County Department on Aging.
- 1.13 To protect cold foods from becoming warm, it is the caterer's responsibility to transport cold foods in such equipment that a temperature no greater than 41° F is maintained. If available, equipment may be furnished by Milwaukee County Department on Aging.
- 1.14 Caterers submitting bids for home delivered meals in 2006 **must furnish the following to accompany their bids:**
 - a. a copy of current catering license
 - b. a complete listing of equipment currently at catering facility, including trucks, carrying equipment, etc.
 - c. a listing of currently employed food service personnel, including supervisory personnel, their experience and training, who be involved in home delivered meal preparation and packaging.
 - d. a copy of a certificate of current insurance coverage.
 - e. a copy of a lease agreement or proof of ownership for the catering facilities used to provide meals for the Senior Meal Program.
 - f. The Meal Cost Analysis and Operator Information Affidavit **on pages 21-23.**
- 1.15 A successful bidder may not assign or subcontract any or all portions of an award without prior and expressed approval by Milwaukee County Department on Aging and Department of Administrative Services – Procurement Division.

2. APPLICABLE DOCUMENTS

- 2.1 USDA grade certification
- 2.2 Certificates of Insurance - **See Section 11**

3. USDA

Commodities have not been available to Senior Meal Programs for a number of years. However, this section is maintained in the event, that during the course of the year, commodities are once again made available to Title III-C programs.

- 3.1 In the event the U. S. Department of Agriculture donates commodities for use in the Senior Meal Program, caterers will use those commodities to the maximum extent possible. The subcontract agencies and caterers shall maintain adequate storage practices, inventory and control of such food to insure that their use is in conformance with the Milwaukee County Department on Aging agreement with the State Distributing Agency. The Senior Meal Program Director will specify to the provider when this food is to be used.
- 3.2 The caterer shall maintain such records (supported by invoices, receipts or other evidence) as needed to meet its responsibilities under this contract.
- 3.3 USDA donated commodities received by the Senior Meal Program under this contract and made available to a food service company shall only be used to the benefit of the Nutrition Programs for the elderly and shall be utilized herein. Full value of donated foods used by the food service company will be credited to the Senior Meal program at the USDA purchase price. Such credit will be given on the monthly billing.
- 3.4 The books and records of the caterers employed under this contract shall be maintained for a period of three years from the close of the Federal fiscal year to which they pertain and shall be available for inspection and audit by representatives of the Department of Public Instruction, the USDA and General Accounting Office at any reasonable time and place.

4. FOOD SERVICE STANDARDS

- 4.1 The quality of food prepared is expected to be of such condition as to be pleasing, appetizing, palatable and of such color, texture, size and shape as is appropriate to the food items served.
 - a. There must be uniformity and consistency of the food prepared. Standardized recipes and standard methods of preparation must be used. This includes all foods with particular emphasis on Hot or Cold German Potato Salad, Coleslaw, Carrot Raisin Salad, and American Potato Salad.
 - b. Standardized recipes such as those found in West's FOOD FOR FIFTY, shall be used for uniformity and consistency.
- 4.2 Meals served in the Senior Meal Program must be healthful, and nutritious and conform to federal requirements; the following must be adhered to:

- a. no salt is to be added when cooking
 - b. only "low sodium" products are to be used for the preparations of gravies, sauces, etc.
 - c. only those frozen entrees which have reduced sodium content may be used
 - d. no deep fat nor fried foods may be used.
 - e. no foods prepared with coconut oil, lard, or other animal fat may be used
 - f. all grease/fat which accumulates as a result of the preparation of meat, poultry, etc. must be removed prior to the addition and/or preparation of any sauces or gravies
 - g. all visible fat/grease must be removed from meat, poultry, etc., before it is cooked
 - h. all visible fat/grease must be drained after food preparation
 - i. minimum amounts of fats are to be used in preparation
- 4.3 Hot foods must be delivered at temperatures of not less than 140° F and cold foods at no more than 41° F. The supervisor at each dispatch site will take temperatures of both a randomly selected general diet meal and a therapeutic diet meal. Food not meeting the required temperatures will be rejected. It will be the caterer's responsibility to replace the rejected meals no later than 11:00 a.m. Caterer's staff will assist dispatch supervisor in distributing the meals to the individual driver delivery boxes.

If meals are not replaced by 11:00 a.m., it will be the responsibility of the caterer to deliver the meals to homes of each of the clients scheduled to receive a meal.

5. FOOD SERVICE REQUIREMENTS

- 5.1 It will be the caterer's responsibility to prepare food in accordance with the menu specifications herein. This menu will change periodically and will be supplied on a thirteen-week basis by the Director of Milwaukee County's Senior Meal Program.
- 5.2 It will be the caterer's responsibility to deliver the food according to an established delivery schedule as determined by the case management/delivery provider and the Milwaukee County's Senior Meal Program Director and during the times specified in Section 1.7.
- 5.3 It will be the caterer's responsibility to provide regularly scheduled on-going training for food service workers involved with the Senior Meal Program. A training log, signed by the Food Service Workers, is to be maintained by the caterer.
- 5.4 The caterer shall furnish such services to ensure that all equipment is kept clean and sanitary throughout, in accordance with the rules and regulations of the City of Milwaukee Health Department or other regulatory agencies. The caterer must keep in effect all necessary licenses, permits, and food-handling cards as are required by law.
- 5.5 All menu modifications for the therapeutic diets must be done under the direction of a Registered Dietitian. Therapeutic modifications are to be reviewed on an on-going basis by a Registered Dietitian. Menus must be kept on file at the caterer's for a minimum of one year and be available at any time for review by Milwaukee County Department on Aging.
- 5.6 Meal preparation and packaging for therapeutic diets must be done under the supervision of personnel trained in menu modifications.

6. **SPECIFICATIONS – FOOD**

- 6.1 **Meat** – use IMPS; all federally graded; grading certificates to be supplied upon demand. All meat is to be trimmed of fat prior to use.

A. Beef

1. Beef Patties
Prepared from IMPS #136, free of bones, cartilages, and all exposed lymph tissue; **fat content not to exceed 15%.**
2. Beef Stew Boneless Beef Round, U.S. Choice, Item #163, three-way boneless, 1/4" thick fat thickness – maximum
3. Boneless Shortribs Beef, Boneless Shortribs, IMPS #123, U. S. Choice, 5 oz. Portion weight with 4" length 1-1/2" thickness, average surface fat thickness 1/8"
4. Corned Beef Brisket
IMPS #601, selection #2, Style B, Range A, U. S. Choice
5. Corned Beef Round
IMPS #606, selection #2, Style A, Range 2, U. S. Choice
6. Cube Steak
IMPS #1101. Knitting of two or more pieces is not permissible.
7. Hungarian Goulash
Same as meat for Beef Stew.
8. Meatballs
Same as meat for Beef Patties.
9. Roast Beef
IMPS #1168 – inside round Beef roast, Boneless U.S. Choice, weighing 8 – 10 lbs., diameter 4" – 5"; uniform shape, fat cover not to exceed 1/8" – 1/4"
10. Salisbury Steak
Same as Beef Patties
11. Swiss Steak
IMPS #1102, free of heavy connective tissue, bones, cartilages, and lymph glands; mechanically tenderized once; surface and seam fat not to exceed 1/4".
12. Tenderloin Tips
 1. Beef Stroganoff, U. S. Choice, flash frozen, not more than 10% fat content, 10# box
 - or**
 2. Beef Tenderloin Tips, U. S. Choice, cut from select tenderloin tails and pieces, flash frozen, not more than 5% fat content, 10# box.

B. Pork

1. Ham
Oval shaped, natural ham; fully-cooked; cured; light natural smoke flavor; 90 – 95% lean; no more than 10% water added; packed in Cry-O-Vac; Maple River, Swift, or Hormel.
2. Boneless Pork Loin
Pork Loin, boned and tied, IMPS #413A, selection No.1, weight range 10 – 12#, average surface fat thickness ¼”.
3. Pork Chop
Pork Loin, IMPS #410, selection No. 1, 14# and down.

Or

- Pork Chop, center cut regular, IMPS #412, 5 oz., U. S. No. 1 selection, Tenderloin.
4. Pork Cutlet
U. S. #1, IMPS #1400 Pork Filet, cubed once, internal and surface fat not to exceed ¼”, 90% lean, no knitting of the pieces.
 5. Mock Chicken Leg
U. S. #1, IMPS #435, Diced Pork, free of bones, cartilage, skin heavy connective tissue, etc. from any portion of the carcass which yields product that meets the end-item requirements, excluding shank meat and jowls; external and some fat shall not exceed ¼” at any point.

C. Poultry

1. Chicken
Fryers, quartered, 3 lbs., federal government inspected, U. S. Grade A, individually fresh frozen with back strip and tail intact, with or without giblets and necks wrapped separately.
2. Chicken Breast
Boneless, skinless, government inspected, U. S. Grade A, individually fresh frozen.
3. Chicken Thigh
Boneless, skinless, federally inspected, U. S. Grade A, individually fresh frozen.
4. Turkey
U. S. Grade A, fully roasted, skinless, 100% natural turkey breast with no filler, natural shape, packed in Cry-O-Vac.
5. Pulled Turkey and Pulled Chicken
Natural proportion, 60/40 white to dark meat; cooked, pulled from bone.

D. Miscellaneous Meats

1. Bratwurst
Precooked Klements, Usinger, or Johnsonville, 4/1.
2. Chop Suey
Beef – Boneless Beef Chuck, Range A, U. S. Choice, square cut, IMPS #115 or IMPS #163, Range A, U. S. Choice

or

Beef – Boneless Beef Round, U. S. Choice, IMPS #163, three-way boneless, ¼” fat thickness – maximum.

or

Pork – Pork Cubes, U.S. #1, IMPS II #435, Diced Pork, free or bones, cartilage, skin, heavy connective tissue, etc., from any portion of the carcass which yields product that meets the end-item requirements, excluding shank meat and jowl; external and seam fat shall not exceed ¼” at any point.

3. Italian Sausage
Fresh Klements or Johnsonville, 4/1.
4. Polish Sausage
Smoked cooked link sausage, Item #813, Klements, Sheboygan, or Usinger.
5. Ring Bologna
Smoked cooked sausage, Item #801, Klements, Ring Style.
6. Wieners
Item #800, All Beef – Oscar Mayer, 4/1 skinless.
7. Deli Cuts
Roast Beef, Ham, Turkey, Chicken, USDA inspected, Shaved or thin Sliced Deli Meats, Oscar Mayer or better
Cheese Slices - American, Mild Cheddar, Colby, Swiss Individual slices, Kraft or better

E. Miscellaneous Other

1. Eggs
U. S. Grade A, Large; date eggs were candled shall be legibly stamped on carton sealing strip; must be received within three days of candling date on sealing strip.
2. Fish Filet
Cod, regular, skinless, boneless fillet, U. S. Grade A, fancy, no breading

or

Flounder or Filet of Sole, skinless, U. S. Grade A, fancy, no breading

or

Frozen Fish Item U. S. Grade A, no breading

or

Haddock, filets, skinless, U. S. Grade A, fancy, no breading

3. BBQ Beef or Pork - to be Ground or Shredded as indicated on the menu. 100% meat product, not to exceed 15% fat content.

6.2 Frozen Prepared Entrees – All Frozen Foods, U. S. Grade A

- a. Lasagna – Stouffer or better
- b. Macaroni and Cheese – Stouffer or better
- c. Meat Loaf – Stouffer or better
- d. Meatballs – Stouffer or better
- e. Stuffed Cabbage – Stouffer or better
- f. Stuffed Peppers – Stouffer or better
- g. Vegetarian Lasagna – Stouffer or better

Meat Loaf, Meatballs, Stuffed Cabbage and Stuffed Peppers are to contain a minimum of 3-oz. Cooked meat, exclusive of any filler such as rice, breadcrumbs, etc. Calories from fat may not exceed 30% and sodium content should not exceed 33% daily value per serving.

- 6.3 Juices – All juices must be **single serving**, either plastic or metal containers, individually packaged, Grade A, unsweetened, minimum 4 ounces per serving. The selection will include Apple Juice, Cranberry Juice, Grapefruit/Orange Juice, Orange Juice, Pineapple Juice, Tomato Juice, Vegetable Juice. All should have 80% D.V. Vitamin C or better.

- 6.4 Vegetables – with the exception of those vegetables listed below under “b.Canned Vegetables,” all vegetables served in the program must be frozen or fresh.

- a. Fresh Vegetables (All are U. S. No. 1 Grade)
 - Broccoli
 - Cabbage, green
 - Cabbage, red
 - Carrots, tender, sweet
 - Cauliflower
 - Celery, pascal
 - Cherry Tomatoes
 - Cucumbers
 - Lettuce, iceberg
 - Onions, green
 - Onions, dry – grannex grand yellow
 - Onions, sweet Bermuda
 - Peppers, green, bell
 - Potatoes, See d. Potatoes, p. 9 - 10

Radishes
Squash, Acorn
Tomatoes, light red to red

b. Canned Vegetables

Beans, Boston Baked, Refried, Chili or red Kidney, fancy
Beets, diced, fancy
Beets, sliced, small, fancy
Corn, golden, cream style, fancy
Cabbage, red, fancy
Mushrooms, sliced
Pumpkin, fancy
Sauerkraut, shredded, fancy
Tomatoes, stewed, Heinz, Hunt's, Kraft Premier

c. Frozen Vegetables - all are U. S. Grade A, fancy

Asparagus, green, cuts and tips
Beans, green, or wax, regular or French Cut
Beans, green, lima, medium
Broccoli, cuts
Carrots, diced, 3/8", sweet, young
Carrots, sliced, sweet, young
Carrots, small, whole, baby
Cauliflower
Corn, whole kernel, Mexican
Greens, Turnip, Collard or Mustard
Mixed vegetables (may not contain potatoes)
Peas
Spinach, whole
Squash

d. Potatoes

1. U. S. Grade A, fresh, washed, whole, peeled, "B's", 1-1/2" to 2-1/2" diameter, packed in sealed, clear plastic, 30 pound case weight. Acceptable brand: Garden Fresh, Ready cut, or better
2. U. S. Grade A, fresh, peeled, washed, extra clean slices, cross-cutting, Idaho or Russet tubers, cross-cut section 1-1/2" X 2-1/4", no off odors nor flavors, and no sulfites.
3. U. S. Grade A, fresh, peeled, washed, extra clean diced, cross-cutting, Idaho or Russet tubers, 1/2" cut, no off odors nor flavors, no sulfites.
4. U. S. Grade A, fresh, whole, Idaho or Russet tuber, 100 count.
5. U. S. Grade A, fresh, frozen hash brown, 5'32 X 1-1/2" shoestring type pieces, no off odors or flavors, no sulfites.
6. Instant mashed, Trio Instant Complete, with milk solids, Vitamin C fortified.

7. Sweet or Yams, whole, U. S. Grade A, peeled, average length of pieces 4" – 5", diameter 2", solid pack or packed in water.

6.5 Fruit

- a. Fresh Fruit – Graded as indicated
Apple, eating, type as indicated on menu, 2-1/2" minimum diameter to 3-1/4" maximum diameter, 80's-114's Grade – U.S. fancy
Banana, Green Tip, 6"-7", U.S. fancy or #1
Cantaloupe, California, U.S. Grade 31, 15 count
Nectarine, Size 72 count, U.S. fancy
Orange, size 113, U.S. Grade #1, California Valencia or Navels-depends on season
Peach, Freestone, U.S. Grade Extra #1, 72 count
Pears, Bartlett, Size 72 count, U.S. Grade #1
Plums, Eldorado size, U.S. fancy
Tangerines or Tangelos, U.S. fancy
Watermelon, 20-25 lbs. Each, long or round
- b. Canned Fruit – All U.S. Graded as indicated
Applesauce, sweetened, fancy or choice
Applesauce, unsweetened, fancy or choice
Apricots, halves, in light syrup, fancy or choice
Fruit Cocktail, juice packed, fancy or choice
Peach halves, yellow cling, juice packed, fancy or choice
Peach slices, yellow cling, juice packed, fancy or choice
Pear halves, Bartlett, juice packed 40 – 50 count, fancy or choice
Pear slices, juice packed, fancy or choice
Pineapple chunks, Hawaiian, packed in juice, 9/16" wide, 1-1/2" long, 1/2" thick, fancy or choice
Pineapple tidbits, Hawaiian, packed in juice, fancy or choice
Pineapple halves, Hawaiian, packed in juice, fancy or choice
Plums, purple, whole, unpeeled, unpitted, juice packed, fancy or choice

6.6 Pastas and Rice

- a. Egg Noodles – enriched, wide, medium or fine, definitions and standards for Food Title 21, Part 16, Alimentary Pastas Section 16.6
- b. Macaroni – elbow, alphabet, twists, small shell or lasagna, MC – CPD Spec. 16.40
- c. Spaghetti – elbow or long, 15" – 18" long, MC – CPD Spec. 16.40.
- d. Rice – U. S. No. 1, medium grain, milled, par-boiled and enriched.

6.7 Pie – Chef Pierre or approved equal by Senior Meal Program.

6.8 Margarine – good grade product, sweet, fresh, clean, with firm and uniform body; fortified; with liquid corn oil as leading fat. Individual tray packed pats or small sealed containers. Acceptable brands: Fleischmann's Corn Oil Margarine, Mazola Corn Oil Margarine, or Land O'Lakes Corn Oil Margarine.

- 6.9 Salad Dressing, Tartar Sauce, catsup, mustard, soy cause, sweet sour sauce – condiment packets

7. PACKAGING

- 7.1 All meals prepared for the Home Delivered Meals program must be packaged in accordance with the regulations pertaining to transporting food as specified by the City of Milwaukee Health Department and Milwaukee County Department on Aging.
- 7.2 All meals prepared for the Home Delivered Meals program must be packaged in containers approved by Milwaukee County Department on Aging.
- 7.3 All hot food prepared for the Home Delivered Meals program must be packaged in aluminum 3-compartment trays, and covered with an aluminum/cardboard lid **or** packaged in plastic or paper 3 compartment trays that have a clear film that is heat sealed over the top of the tray.
Example: Kaiser #9269 or better, **or** Oliver Products - Model 1308 sealer machine or better.

Warning labels must be affixed to or stamped directly on the lid or side. In addition, each therapeutic meal must have a label affixed to the cover or side detailing client's name, route number and type of diet.

Example: "Contains prepared food. For safety, consume immediately." Phone number of case management/delivery provider.

- 7.4 All cold foods such as pudding, salads, jellos, fruit, slaws, etc., must be packaged in Styrofoam or plastic containers with lids or covered/sealed with plastic film/wrap - no leakage is permitted.

Eg. Dart Styrofoam 8 oz. squat cups, #8SJ12 with lids

- 7.5 Single Serving Juices, either in metal or plastic containers, may be packaged in a Styrofoam cup with lid to prevent moisture condensation.
- 7.6 Bread, muffins and butter, brownies, and cookies must be packaged in sealed plastic sandwich bags.
- 7.7 Sandwiches must be packaged in a Sandwich Wedge or comparable.
- 7.8 Pie must be packaged in a Pie Wedge
- 7.9 Cupcakes must be packaged in an 8-oz. squat cup with lid (per section 7.4 above)
- 7.10 Frosted sheet cakes must be packaged in a firm plastic container and covered/sealed with plastic film/wrap.
- 7.11 All cold foods for a meal must be packaged together in a lunch bag and refrigerated until delivery.

8. **MENU**

- 8.1 The Senior Meal Program Director will prepare a menu that will cover a 13-week period. The menu must be adhered to as detailed in this specification as to grade, portion, quality, and all other stipulations.
- 8.2 Emergency menu substitutions must be approved in advance by the Senior Meal Program Director or appointee.
- 8.3 All meals prepared for the Home Delivered Meals program must provide a minimum of one-third of the Recommended Dietary Allowance (RDA) as established by the Food and Nutrition Board of the National Academy of Sciences.
- 8.4 All meals must be prepared in accordance with the menu guidelines and meals standards developed by Milwaukee County Department on Aging, as detailed within this specification, with appropriate modifications for therapeutic diets done by the caterer's Registered Dietitian.
- 8.5 Stipulations as to portion, size, and other requirement of the food served to the older adult participants during the course of this contract are to meet the following minimum requirements on a daily basis.

a. Meat or meat alternate group Three ounces (exclusive of fat or bone or gravy) cooked, edible portion of meat, fish, poultry, luncheon meats, eggs or cheese, refer to pages 13-16 for specific portion sizes.

b. Vegetables and fruit group

1. Two 4-oz. (drained) edible portion servings
2. Only full strength vegetable and fruit juices, 4 oz. portion

NOTE: If fruit is used for dessert, it will not be counted as one of the two required servings

c. Bread or bread alternate group

One serving enriched or whole grained bread, biscuits, muffins, rolls, sandwich buns, corn bread.

d. Fortified corn oil margarine – one teaspoon

e. Dessert

One serving. Will include such items as fruit, puddings, cake, pie, gelatin desserts, cookies brownies, and cake, refer to pages 13-16 for specific portion sizes.

f. Milk Group

One –half pint (8 oz) individual cartons/containers of fortified two percent (2%) milk to be used for general diet meals. As needed, skim milk or whole milk may be provided for therapeutic diets.

NOTE: The Senior Meal Program Director may add additional foods to a meal to provide additional nutrition or consumer satisfaction.

8.6 Samples of menus can be found at the back of this document. The following menu generalizations must be noted:

- a. Fish may be served once in 4-6 week period with the following exceptions: Fish or other non-meat meals may be served on Ash Wednesday and every Friday throughout the Lenten period.
- b. Entrees such as mock chicken legs, veal vegetarian lasagna, meat lasagna, stuffed cabbage, stuffed peppers, short ribs, beef rouladen, corned beef, pork chop with bone, ring bologna, and fish (eg. Cod and seafood newburg) would be served only one day during the week.
- c. Pork entrees like roast, cutlets, or ham would be served one day during the week.
- d. Chicken, boneless chicken breast, boneless chicken thigh, or turkey will be served one day during the week.
- e. Ground beef entrees, such as meatballs, salisbury steak, or patties would be served one day during the week.
- f. Another beef entrée (not ground), such as beef stew, tenderloin tips, sliced roast beef, Swiss steak, liver or cube steak would be served one day during the week.
- g. Generally, sausages, such as bratwurst, polish sausage, Italian sausage, or frankfurters will be served once in a 4-6 week period.
- h. 2% milk will be offered for general diet meals. As needed skim milk or whole milk is to be provided for therapeutic meals.
- i. When rice, stuffing or noodles are on the menu instead of potatoes, an additional Vitamin C rich fruit or vegetable is required. Most often this will be when juice is added to the menu, about once or twice per week. Also, a slice of bread will still be on the menu. This should be factored into the regular meal price.
- j. Bread will be served 4 days per week and one day per week, dinner rolls will be served. Muffins or biscuits will be served once or twice a month.
- k. Desserts will most often be fresh or canned fruits, jello, puddings, cookies. Pie will be served once per month. Brownies, fruit bars or cupcakes will be served twice per month. Cake will be served once or twice per month.

8.7 Portions – The portion sizes of entrees and other items served must meet the following minimum weight and specification requirements:

<u>ITEM</u>	<u>PORTION SIZE (oz.'s refer to weights unless otherwise noted.)</u>
a. Apple Crisp (or Other Fruit)	Minimum 4oz.
b. Baked Fish, exclusive of sauce	Minimum 3oz.
c. Beef Burgundy, to include 3 oz. Meat plus onions, mushrooms and gravy	Minimum 6 oz.
d. Beef Roll-Em-Ups	Minimum 6 oz. to include a 3 oz beef patty, stuffing and gravy
e. Beef Rouladen	Minimum 6 oz. to include a 3 oz portion of sliced Roast Beef, stuffing and gravy

**MILWAUKEE COUNTY
PROCUREMENT DIVISION**

**SPEC. NO.: 790.24334.1
EFF. DATE: 01/03/06**

- | | |
|--|---|
| f. Beef Stew, to include 3 oz. meat | Minimum 6 oz. plus onions, carrots, mushrooms and gravy (no potatoes) |
| g. Beef Stroganoff | Minimum 5 oz. |
| h. Biscuits, Baking Powder | 3-inch diameter |
| i. Bread, Split Top, Whole Wheat Ryes, Whole Grains (Not Lite), Buns (hamburger, hot, brat, kaiser) top & bottom | Standard Slice ½ in. thick |
| j. Brownies, no nuts | Minimum 2 ½ x 2 ½ in. |
| k. Carrot/Raisin Salad, Coleslaw, Pickled Beet Salad, Potato Salad, Three Bean Salad, Pasta Veg Salad | Minimum 4 oz. |
| l. Chicken, one quarter: Leg/Thigh and Breast/Wing | Minimum 6 oz. |
| m. Chicken Breast, boneless, skinless | Minimum 3 oz. |
| n. Chicken Paprikash, one quarter: to include a Leg/Thigh and Breast/Wing to be 6 oz. portion of chicken plus provided in equal amounts 2 oz. sauce | Minimum 8 oz. |
| o. Chicken Thigh, boneless, skinless | Minimum 3 oz. |
| p. Cheese Manicotti to include 3 oz. of cheese plus noodles and tomato sauce | Minimum 8 oz. |
| q. Chicken Macaroni Salad to include 3 oz. chicken plus 4oz. macaroni, and 1oz. celery, onion and dressing | Minimum 8 oz. |
| r. Chicken Stew to include 3 oz. chicken plus small-diced potatoes, chopped onions and carrots | Minimum 8 oz. |
| s. Chicken or Turkey Casserole to include 3 oz. meat plus mushrooms, onions, sauce, and 4oz. noodles. | Minimum 8 oz. |
| t. Chocolate Mousse | Minimum 2 oz. |
| u. Chop Suey to include 3 oz. Beef or Pork plus vegetables and gravy | Minimum 6 oz. |
| v. Chow Mein to include either 3 oz. chicken, turkey or 3 oz. cubed pork plus vegetables and gravy | Minimum 6 oz. |
| w. Cookies | Minimum 3" in diameter |
| x. Coffee Cake | Minimum 2 ½ x 2 ½ in. |
| y. Cottage Cheese (as salad) | Minimum 2 oz. |
| z. Cranberry Sauce | Minimum 2 oz. |
| aa. Creamed Ham to include 3 oz. cubed or diced ham plus diced celery, onion, pimento and mushrooms in a 1 oz. light cream sauce | Minimum 6 oz. |
| ab. Cube Steak, Ham, Hamburger Steak, Liver, Meat Loaf, Mock Chicken Legs, Sliced Roast Beef, Deli Cuts, Roast Pork, Salisbury Steak, Sausages, Short Ribs, Sliced Turkey, Swiss Steak, Veal Patty, etc. | Minimum 3 oz exclusive of any gravy, sauce, glazing or garnish |
| ac. Dinner rolls, Split Top, Wheat or rye | Minimum 2 in. height and 2 in. diameter top |
| ad. Fruit Bars, (Apple, Lemon etc.) | Minimum 2 ½ x 2 ½ in. |

**MILWAUKEE COUNTY
PROCUREMENT DIVISION**

**SPEC. NO.: 790.24334.1
EFF. DATE: 01/03/06**

ae. Fruit, fresh	1 serving, size as specified
af. Fruit, canned (in own juices)	Minimum 4 oz- exclusive of juice
ag. Fruit, juices (100% fruit and With 80% DV Vit. C or more)	Minimum 4 oz-1/2c. portion
ah..Hamburger Macaroni Casserole or Chili Macaroni Casserole to include 3 oz. ground beef plus carrots, tomatoes and macaroni	Minimum 8 oz.
ai. Hungarian Goulash to include 3 oz. meat, onions and gravy	Minimum 5 oz.
aj. Jello and Fruit	Minimum 4 oz.
ak. Jello with Shredded Vegetables	Minimum 4 oz.
al. Ice cream, Sundaes, Sherbet, and Yogurt (Frozen)	4 oz container
al. 1. Lasagna (meat) to include 3 oz. meat and cheese; lasagna noodles and tomato sauce	Minimum 8 oz.
2. Lasagna (vegetarian) to include 3 oz vegetables and cheese; lasagna noodles, tomato or Mornay Sauce	Minimum 8 oz.
am. Lettuce or vegetable salad -includes lettuce with shredded carrots, and cabbage and when specified may include: cherry tomatoes, cucumbers, radishes or other Fresh Veg.	Minimum 2-1/2 oz. Minimum 1 per serving
an. Macaroni and Cheese, if main course if side dish	Minimum 8 oz Minimum 4 oz.
ao. Margarine, Corn Oil, Fortified	Commercial Pat- 1 tsp.
ap. Milk, 2% and Skim	8 oz. Cartons
aq. Mock Chicken Leg to include 3 oz. cubed pork and/or veal, exclusive of any gravy and skewer	Minimum 3 oz.
ar. Meatballs exclusive of gravy or sauce	Minimum 3 oz.
as. Muffins, Corn, Bran, Fruit and Cupcakes	Minimum 2 ½ diameter top, and 2 ½ in. height
at. Noodles of any type	Minimum 4 oz.
au. Pepper Steak to include 3 oz. beef cut into strips, tomatoes, onions, green peppers and gravy	Minimum 6 oz.
av. Pie – 10"	Maximum 8 cuts per 10" pie
aw Potatoes, Mashed and all others	Minimum 4 oz
ax. Puddings, all including 24 hour pudding with fruit	Minimum 4 oz
ay. Quiche	Minimum 6 oz.
az..Salad Dressings	Commercial Packet 1 oz.
ba. Seafood Newburg includes 3 oz. seafood plus mushrooms, pimentos and sauce	Minimum 6 oz.
bb. Sloppy Joes, BBQ Beef, or Italian Meat Sauce	Minimum 4 oz.
bc. Spaghetti/Noodles w/Italian Sauce	Minimum 4 oz.

**MILWAUKEE COUNTY
PROCUREMENT DIVISION**

**SPEC. NO.: 790.24334.1
EFF. DATE: 01/03/06**

bd. Sheet Cakes, 16" x 24", exclusive of corners (Angle Food Squares)	Maximum 72 cuts per 16" x 24" cake 3 in x 3 in
be. Stir Fry to include 3 oz. meat and vegetables and sauce	Minimum 6 oz.
bf..Stuffed Cabbage (Cabbage Rolls)	Minimum 5 – 6 oz.
bg. Stuffed Peppers	Minimum 5 – 6 oz.
bh. Stuffing or Dressing	Minimum 4 oz
bi. Sweet Sour Pork, Chicken or	Minimum 6 oz.
bj Turkey includes 3 oz minimum of meat with green peppers, onions, tomato and pineapple chunks	
bk. Rice	Minimum 4oz.
bl Tenderloin Tips to include 3 oz. meat plus onions, mushrooms and gravy	Minimum 6 oz.
bm. Terriyaki to include 3 oz. meat and vegetables and sauce	Minimum 6 oz.
bn. Tetrazinni with Noodles to include 3 oz. meat, 4oz. noodles, sauce, pimiento, mushrooms and onions	Minimum 8 oz.
bo.Tuna Fish Casserole to include 3 oz. tuna, noodles and sauce	Minimum 8 oz.
bp. Tuna Fish Salad to include 3 oz. tuna, celery, onion and dressing	Minimum 4 oz.
bq. Turkey or Chicken ala King to include 3 oz. meat plus mushrooms, pimentos and gravy	Minimum 6 oz.
br. Turkey Legs	Minimum 8 oz.
bs. Turkey Tetrazzini to include 3 oz. turkey, 4 oz. noodles and 1 oz. sauce	Minimum 8 oz.
bt. Veal Parmigan include a 3 oz.veal patty, sauce and cheese	Minimum 6 oz. to
bu. Vegetables, All Cooked	Minimum 4 oz.
bv. Watermelon, cantaloupe	Minimum 4 oz. <u>exclusive of rind</u>
bw. <u>All Casseroles or Stews</u> that include potatoes, rice or noodles as an ingredient. Examples: Ham, Cheese and Noodles, Chicken Broccoli, Chicken Pot Pie, Tuna and Noodles Au Gratin, Hamburger Macaroni or Chili Casserole	Minimum 8 oz.

- 8.8 On a daily basis, one single meal will be selected at random, as a "Test Meal," to be evaluated for compliance with the bid-specification. This evaluation will include color, texture, taste, product acceptability, portion sizes, weights, etc.
- 8.9 In the event that the menu, as outlined, is not furnished complete, 75¢ per missing item(s) per meal will be deducted. If the entrée is missing, the entire price of the meal will be deducted at full contract cost.

- 8.10 In the event a caterer fails to meet the minimum requirements, such as weights and portion sizes, etc., as detailed within this bid, there will be progressive warnings and penalties assessed as follows:
- a. warning by phone;
 - b. written warning, by letter;
 - c. written warning, by letter, plus a penalty of a minimum of a \$1.00 per-meal deduction;
 - d. written warning, by letter, plus a penalty of a minimum of \$1.50 per-meal deduction;
 - e. termination of contract.
- 8.11 In the event that funding for the program is reduced, Milwaukee County Department on Aging reserves the right to renegotiate the 2006 per-meal cost, along with an appropriate modification of the existing menu.

9. INSPECTION

- 9.1 Prior to any award, an inspection of the facility and equipment, along with a review of the qualifications of the caterer, who is the apparent low bidder, will be made by Milwaukee County Department on Aging and Procurement Division. Milwaukee County's determination shall be final.
- 9.2 The Milwaukee County Department on Aging reserves the right to inspect unannounced, at any time during the length of the contract, the operation and premises of a caterer supplying meals for the Senior Meal Program.
- 9.3 The Health Departments of the City Milwaukee and/or suburban municipalities, along with the State of Wisconsin Division of Health, shall make frequent unannounced inspections of all caterers under contract to the Milwaukee County Department on Aging, and all caterers agree to cooperate with the Health Departments and all other duly authorized inspectors.
- 9.4 If, in the opinion of the Milwaukee County Department on Aging, the caterer fails to conform or comply with the requirements of this specification, the contract will be immediately canceled by written notice.

10. INDEMNITY

The Contractor agrees to the fullest extent permitted by law, to indemnify, defend and hold harmless, the County, and its agents, officers and employees, from and against all loss or expenses including costs and attorney's fees by reason of liability for damages including suits at law or in equity, caused by any wrongful, intentional, or negligent act or omission of the Contractor, or its (their) agents which may arise out of or are connected with the activities covered by this agreement.

Contractor shall indemnify and save COUNTY harmless from any award of damages and costs against COUNTY for any action based on U.S. Patent or Copyright infringement regarding computer programs involved in the performance of the tasks and services covered by this Agreement.

11. **INSURANCE**

- 11.1 Contractor agrees to evidence and maintain proof of financial responsibility to cover costs as any arise from claims of tort, statutes, and benefits under Worker's Compensation laws and/or vicarious liability arising from employees. Such evidence shall include insurance coverage for Worker's Compensation claims as required by the State of Wisconsin, including Employer's Liability and insurance covering General and Automobile Liability coverages in the following minimum amounts:

<u>Type of Coverage</u>	<u>Minimum Limits</u>
Wisconsin Workers' Compensation Employers' Liability United States Longshoreman and Harbor Workers Compensation Act Coverage	Statutory or Proof of all States Coverage \$100,000/\$500,000/\$100,000 Or as required by law
Commercial General Liability Bodily Injury & Property Damage (include, Personal Injury, Fire Legal Contractual & Products/Completed Operations)	\$1,000,000 Per Occurrence \$1,000,000 General Aggregate
Automobile Liability Bodily Injury & Property Damage All Autos-Owned, non-owned and /or hired Uninsured Motorists	\$1,000,000 per Accident Per Wisconsin Requirements

- 11.2 Prior to actual delivery of meals, the successful vendors shall deposit with the Milwaukee County Department on Aging a "Certificate of Insurance" in the amounts indicated above. Failure to deliver said Certificate of Insurance by the date specified in the letter of contract awarded notification will result in an automatic cancellation of the bid.

- 11.3 **Milwaukee County, as its interests may appear, shall be named as an additional insured for general, automobile, garage keepers legal and environmental impairment liability, and be afforded a thirty (30) day written notice of cancellation or non-renewal. Disclosure must be made of any non-standard or restrictive additional insured endorsement, and any use of non standard or restrictive additional insured endorsement will not be acceptable. A Certificate indicating the above coverages shall be submitted for review and approval by COUNTY for the duration of this agreement.**

Coverage shall be placed with an insurance company approved by the State of Wisconsin and rated "A" per Best's Key Rating Guide. Additional information as to policy form, retroactive date, discovery provisions and applicable retentions, shall be submitted to COUNTY, if requested, to obtain approval of insurance requirements. Any deviations, including use of purchasing groups, risk retention groups, etc., or requests for waiver from the above requirements shall be submitted in writing to the COUNTY for approval prior to the commencement of activities under this agreement.

- 11.4 It is further required that the Milwaukee County Department on Aging be informed by the insurance companies of any change in the required policy(ies).

- 11.5 Insurance coverage shall be in effect and indicated as such on the Certificate of Insurance for the length of the bid contract.
- 11.6 Failure to provide this coverage and/or maintain it will result in automatic and immediate cancellation of the award.

12. PERSONAL PROPERTY AND GOODS OF VENDOR

- 12.1 Caterer shall agree that all personal property and goods upon the premises shall be at the risk of the caterer only and that Milwaukee County Department on Aging shall not be liable for any injury or damage thereto or loss or theft thereof.
- 12.2 Unattended service vehicles shall not be left open and, at such times, doors must be locked, engines turned off and ignition keys removed.

13. PAYMENT PROCEDURE

- 13.1 At the time of delivery, the caterer must present a receipt that identifies the caterer, the time of deliver, the number of meals delivered, and who received the food.
- 13.2 All receipts must be made out in duplicate, one copy to be retained by the caterer and one copy to be retained by the Site Supervisor.
- 13.3 **Original monthly invoices** showing the totals of the meals per site and the amount due is to be sent to Milwaukee County Courthouse Accounts Payable 901 North 9th Street, Milw., WI 53233. **A copy of the monthly invoice** is to be sent to Milwaukee County Department on Aging Senior Meal Program 235 West Galena Suite #180 Milw., WI 53212. MCDA will verify the total and make adjustments, if needed. MCDA will authorize payment approval after verification is complete. After authorization is received, Milwaukee County Accounts Payable will follow their procedures to release payments to caterers.

14. EXECUTIVE ORDER 7412 – AFFIRMATIVE ACTION POLICY STATES:

The contractor, lessee, purchase, etc., agrees not to discriminate against any employee or applicant for employment because of race, religion, color, national origin, age, sex or handicap, which shall include, but not be limited to, recruitment or recruitment advertisement, employment, upgrading, demotion or transfer, layoff or termination, rates of pay or other forms of compensation, selection for training, including apprenticeship. A violation of this provision shall be sufficient cause for the County to terminate the contract, lease, order, etc.

15. DISADVANTAGE BUSINESS ENTERPRISES

Milwaukee County solicits and encourages disadvantage business enterprises participation with regard to this bid. Disadvantage business enterprises will be afforded full consideration of their responses and will not be subject to discrimination.

16. CANCELLATION

- 16.1 This contract shall be subject to cancellation by either party by giving sixty (60) days written notice.

- 16.2 If the caterer does not comply with the terms and conditions herein, cancellation of the contract/award can be immediate.
- 16.3 If the caterer does not meet and maintain the insurance requirements as specified in Section 11, cancellation of the contract/award will be immediate.
- 16.4 If the caterer violates health and sanitary practices and procedures, cancellation of the contract/award will be immediate.

17. COMPLAINTS

In the event noted complaints are not promptly adjusted or satisfied, it will be interpreted as failure to comply with these specifications and will be cause for cancellation.

18. NOTES

- 18.1 In the event of failure on the part of the caterer to complete delivery in accordance with the requirements of the specifications, the Milwaukee County Department on Aging shall not be held liable for payment and shall have the right to purchase on the open market and at the market price, the number of meals it deems necessary at any delivery point; and the increased cost, if any, for such purchases shall be charged to the caterer.
- 18.2 In cases where caterers expect to be late in delivery of meals or portions of the meals, under the terms of this specification, it is the caterer's responsibility to advise, in advance, the Milwaukee County Department on Aging and subcontractors of the time the sites can expect their meals. The Milwaukee County Department on Aging, in concert with the subcontractors, reserves the right to accept or refuse the late delivery.
- 18.3 In cases of lateness of delivery of meals or portions of meals, the Milwaukee County Department on Aging shall have the right to deny payment. In cases of non-delivery or meals, which do not substantially meet the specification requirements, payment to the caterer shall be denied.
- 18.4 If the caterer is unable or unwilling to replace the unacceptable food, the Senior Meal Program shall have the authority to withhold all or part of the payment for that portion of the meal. If it is the entrée, which is unacceptable, and it is not replaced, the entire cost of the meal will be deducted.

OPERATOR INFORMATION AFFIDAVIT

1. Name, address and telephone number of operating firm:

2. Firm is operated as:

A. Sole Ownership

1. a. Name: _____
b. Address: _____

B. Partnership

List name and address, etc. of each partner

1. a. Name: _____
b. Address: _____

c. Occupation: _____
d. Percentage share of ownership: _____
2. a. Name: _____
b. Address: _____

c. Occupation: _____
d. Percentage share of ownership: _____

3. a. Name: _____
- b. Address: _____

- c. Occupation: _____
- d. Percentage share of ownership: _____

C. Corporation

List name and address of officers

1. President: _____
2. Vice President: _____
3. Secretary: _____
4. Treasurer: _____

Name and address of principle stockholders:

D. Other (explain):

HOME DELIVERED MEAL
COST ANALYSIS

- I. Specify cost of each component to arrive at the **Total Per-Meal Cost**:

	<u>Hot/Frozen Meals</u>	<u>2nd Cold Bag Meals</u>
1. Food Cost	\$ _____	\$ _____
2. Labor Cost	\$ _____	\$ _____
3. Packaging Materials	\$ _____	\$ _____
4. Overhead	\$ _____	\$ _____
5. Transportation	\$ _____	\$ _____
6. Total Per-Meal Cost	\$ _____	\$ _____

- II. 1. Additional Charge for 1 can of Ensure or Equivalent per meal when a complete liquid nutritional enhancement is ordered by the client's Physician.

\$ _____

HOME DELIVERED MEALS
SAMPLE MENU

MONDAY

STUFFED PEPPERS
PARSLIED POTATOES
GARDEN MIXED VEGETABLES
WHOLE WHEAT BREAD
VANILLA PUDDING WITH PEACH BITS

TUESDAY

PORK CUTLET, LITE GRAVY
WHIPPED POTATOES
SWEET/SOUR RED COOKED CABBAGE
MARBLE RYE BREAD
CHILLED APPLESAUCE

WEDNESDAY

BEEF STEW WITH CARROTS, MUSHROOMS & ONIONS
EGG NOODLES
WAX BEANS
TOSSED VEGETABLE SALAD WITH CHERRY TOMATOES
FRENCH DRESSING
BAKING POWDER BISCUIT
CHOCOLATE CHIP COOKIES

THURSDAY

CHILLED ORANGE JUICE
BAKED CHICKEN, LITE GRAVY
SAVORY DRESSING WITH APPLES AND RAISINS
BROCCOLI
7 GRAIN BREAD
CHILLED WATERMELON SLICE

FRIDAY

CHILLED TOMATO JUICE
SEAFOOD NEWBURG
FLUFFY WHITE RICE
EARLY JUNE PEAS
BRAN MUFFIN
BIRTHDAY/ANNIVERSARY CAKE

HOME DELIVERED MEALS
SAMPLE MENU

MONDAY

CHILLED CRANBERRY JUICE
SPAGHETTI WITH ITALIAN SAUCE
MEAT BALLS WITH ITALIAN SAUCE
ITALIAN VEGETABLE BLEND
ITALIAN BREAD
PEANUT BUTTER COOKIES

TUESDAY

CHILLED ORANGE JUICE
HAWAIIAN CHICKEN
SNOWFLAKE RICE
GREEN BEANS
WHOLE WHEAT BREAD
YELLOW CAKE WITH PINEAPPLE FROSTING

WEDNESDAY

SLICED TURKEY BREAST, LITE GRAVY
WHIPPED SWEET POTATOES
SPINACH & ONIONS
7 GRAIN BREAD
STRAWBERRY JELLO WITH PINEAPPLE BITS

THURSDAY

SWISS STEAK WITH VEGETABLES, LITE GRAVY
MASHED POTATOES
STEWED TOMATOES
RYE BREAD
FRESH PEACH

FRIDAY

ROAST BONELESS PORK LOIN, LITE GRAVY
WHIPPED POTATOES
HARVARD BEETS
DARK GERMAN RYE BREAD
APPLE PIE

HOME DELIVERED MEALS
SAMPLE MENU

MONDAY

SALISBURY STEAK WITH ONIONS, LITE GRAVY
WHIPPED POTATOES
CALIFORNIA VEGETABLE MIX
RYE BREAD
BUTTERSCOTCH PUDDING

TUESDAY

CHILLED TOMATO JUICE
TENDERLOIN TIPS WITH MUSHROOM GRAVY
EGG NOODLES
CORN MEXICANE
7 GRAIN BREAD
FRESH NECTARINE

WEDNESDAY

BAKED CHICKEN BREAST, LITE GRAVY
OVEN BROWN POTATOES
PEAS & CARROTS
BRANATURAL BREAD
CHILLED CANTALOUPE SLICE

THURSDAY

MOCK CHICKEN LEGS, LITE GRAVY
MASHED POTATOES
SLICED BEETS & ONION SALAD
MARBLE RYE BREAD
BANANA CAKE

FRIDAY

CHILLED ORANGE JUICE
PEPPER STEAK
RICE PRIMA VERA
WAX BEANS
WHOLE WHEAT BREAD
OATMEAL RAISIN COOKIE

**HOME DELIVERED MEALS
SAMPLE MENU**

MONDAY

CHILLED TOMATO JUICE
CHICKEN CHOW MEIN, SOY SAUCE PACKET
SNOWFLAKE RICE
BABY PEAS
WHOLE WHEAT BREAD
SUGAR COOKIES

TUESDAY

BONELESS BRAISED SHORT RIBS, LITE GRAVY
MASHED POTATOES
CALIFORNIA VEGETABLE MEDLEY
ONION RYE BREAD
LEMON MERINGUE PIE

WEDNESDAY

VEAL PARMIGAN WITH ITALIAN SAUCE
FETTUCINI WITH ITALIAN SAUCE
ITALIAN VEGETABLE BLEND
TOSSED VEGETABLE SALAD WITH CUCUMBERS &
RADISHES, CELERY SEED DRESSING
ITALIAN BREAD
FRESH APPLE

THURSDAY

BARBECUED CHICKEN
OVEN BROWN POTATOES
CREAMED SPINACH
BRANATURAL BREAD
BROWNIES

FRIDAY

MEAT LOAF WITH BROWN GRAVY
WHIPPED POTATOES
GREEN BEANS
7 GRAIN BREAD 24 HOUR PUDDING

HOME DELIVERED MEALS
SAMPLE MENU

MONDAY

GLAZED HAM SLICE
AU GRATIN POTATOES
GREEN BEANS
7 GRAIN BREAD
PEANUT BUTTER COOKIES

TUESDAY

BAKED CHICKEN, SOUTHERN STYLE
BAKED SWEET POTATOES WITH MARGARINE
PEAS & CARROTS
CORN BREAD
RASPBERRY JELLO WITH FRUIT COCKTAIL

WEDNESDAY

CHILLED ORANGE JUICE
HAMBURGER MACARONI CASSEROLE
MIXED GARDEN VEGETABLES
BRAN MUFFIN
CANDY DROP COOKIES

THURSDAY

SLICED ROAST BEEF, LITE GRAVY
BAKED POTATO WITH MARGARINE
CAULIFLOWER AU GRATIN
RYE ROLLS
LIME JELLO WITH PINEAPPLE BITS

FRIDAY

CHICKEN BREAST WITH LITE GRAVY
TOMATO RICE PILAF
TOSSED VEGETABLE SALAD WITH
THOUSAND ISLAND DRESSING
BROCCOLI
BRANATURAL BREAD
BIRTHDAY/ANNIVERSARY CAKE

HOME DELIVERED MEALS
SAMPLE MENU

MONDAY

CUBE STEAK, LITE GRAVY
WHIPPED POTATOES
WAX BEANS
MARBLE RYE BREAD
CHOCOLATE PUDDING

TUESDAY

CHILLED TOMATO JUICE
CHOP SUEY WITH VEGETABLES, LITE SOY SAUCE PACKETS
SNOWFLAKE RICE
CHINESE VEGETABLE MEDLEY
BRANATURAL BREAD
FRESH BANANA

WEDNESDAY

OVEN GRILLED CHICKEN
DELMONICO POTATOES
EARLY JUNE PEAS
WHOLE WHEAT BREAD
FRESH ORANGE

THURSDAY

POLYNESIAN MEATBALLS
BROWN RICE
SPINACH & ONIONS
TOSSED VEGETABLE SALAD WITH RANCH DRESSING
7-GRAIN BREAD
SUGAR COOKIES

FRIDAY

SLICED BEEF WITH PEA PODS
MASHED POTATOES
SLICED CARROTS
RYE BREAD
LIME JELLO WITH PINEAPPLE BITS

2nd Meal Cold Bag Menu Selections
(Milk is to be included in every meal.)

Sandwich Types	Vegetable Salad Types	Fruit/Fruit Alternative Types
Turkey Sandwich on Whole Wheat Bread and Mayo Packet	Potato Salad	Chilled Fruit Cocktail
Ham and Swiss Sandwich on Light Rye w/ Mustard Packet	Creamy Coleslaw	Applesauce
Chicken Salad Sandwich on White Bread	Tossed Garden Salad w/ Ranch Dressing	Chilled Peaches
Roast Pork Sandwich on a Soft Bun w/ Mayo Packet	Lettuce, Peas and Carrot Salad w/ Thousand Island Dressing	Fresh Pear/Chilled Pears
Tuna Salad Sandwich on Wheat Bread	Carrot and Raisin Salad	Fresh Orange
Roast Beef Sandwich on Onion Roll w/ Mayo Packet	Broccoli Slaw	Fresh Apple
Turkey and American Cheese on a Bun w/ Mayo Packet	Cucumber Salad w/ French Dressing	Sliced Watermelon
Cold Meatloaf Sandwich on White Bread	Spinach and Romaine Salad w/ Catalina Dressing	Slice Cantaloupe
Crab Salad Sandwich on Wheat Bread	Bean and Vegetable Medley Salad	Chilled Mandarin Oranges
Roast Chicken Sandwich on Kaiser Roll	Mandarin Orange Salad	Pineapple Slices
Egg Salad Sandwich on Seven Grain Bread	Tomato and Lettuce Salad w/ Italian Dressing	Banana
Salami and Ham Sandwich on White Bread w/ Mayo Packet	Mixed Romaine Salad w/ Vinaigrette Dressing	Chilled Cherries
Cold BBQ Pork Riblet on a Hoagie	Garden Salad w/ Sweet Peas and Italian Dressing	Chilled Plums
Cold Corned Beef Sandwich on Wheat Bread w/ Swiss on Rye w/ Thousand Island Dressing	Three Bean Salad	Chilled Apricots